WHAT IS A 5D ASCENSION - DIRECT EXTRATERRESTRIAL PLEIADIAN MESSAGE (TAYGETA) (24)
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Gosia: What does the Ascension really mean? From your perspective.

Swaruu: It is only the process in which a massive amount of people have realized that they are the ones who control their reality. And that the world that they see and live depends on them truly. That's why it's personal and nobody can do it for someone else. It's that, even the guides, only impose a perspective on people. Invalidating the experiences of those people. What a Guru experiences in India has nothing to do with the personal ascension of a lady in Panama. It can not be equated because they are different and equally valid. The only difference is that the lady keeps it for herself, as it should be, and the Guru imposes it as something that everyone should go through.

Robert: My question is this. This ascension is only possible... because we are in an Artificial 3d?

Swaruu: No, the ascension is something that never ends, until achieving total unity or returning to the whole. The integration of the whole is sought. Knowing that you are the whole universe itself, without separation. Meanwhile there is always ascension. It is the only thing that moves souls... as they progress and expand.

Gosia: A very metaphysical answer, thank you. Although in our case, it does have to do with removing the suppression of 3D frequencies?

Swaruu: You are in 3D and from there you do not progress. That's why it's important to get out of there and not constantly repeat the same thing. Because that is not what the souls want.

Gosia: With what you said earlier before Swaruu, it means that you are also in the Ascension process, yes? Everything is always ascending?

Swaruu: Sure. And like many people, some have entered the earth again because they already know the way out of there. Starseeds that have achieved a higher ascension. I'm one of them.

Gosia: Is the Ascension related to the Mayas and 2012?

Swaruu: No, just for or in the minds of some people. The Mayan calendar is just moving from one stage to another within a calendar.

Robert: How will the ascension affect the human parasitic entities of 4d?

Swaruu: As you can imagine, they do everything possible to avoid it because when humans ascend, they will notice them and... Let's say they will market insecticides for astral entities.

Gosia: You said: "Let's say they will market insecticides for astral entities." I did not understand this part Swaruu forgive me.

Swaruu: If humans ascend, they will realize that these entities exist, then humans will take action against them. That's why astral entities do not want people to ascend and will do everything possible to stop that.

Gosia: Super interesting. And what are the measures against them? Could you apply them now?

Swaruu: Knowing that they are there... Keeping a frequency high and different from that of the entities. Knowing how they proceed, such as looking for people who smoke or drink, to take the essence of that person by attaching to them. Denying those customs among others irritates them and they go to look for another person.

Gosia: Thanks Swaruu. I have another question related to the Ascension. Our bodies will change physically... progressively yes? Will we enter our version 5d? But will it change our face? Will our defects be regenerated etc?

Swaruu: Yes. But it's mostly mental at the 3D level. The bodies don't necessarily need to change. That regeneration will only be given outside the 3D field. It can be achieved mentally but it takes a lot of mental energy and few have it.

Gosia: Ok. Once we are out of the 3D field... will the body begin to change physically? Perfecting itself?

Swaruu: Completely out of 3D it takes 3 months or less in Medical Pod... a couple of years naturally.

Gosia: What changes will those be exactly? Apart from the genes.

Swaruu: The change of the genes causes a total change of the physiognomy and will continue according to the soul that inhabits it. With its intention as its reflection.

Gosia: Wow very interesting. So if I want to perfect my legs, will it be reflected? A silly example only but it will do.

Swaruu: With the intention strong enough, yes.

Gosia: And this will we live in this life do you think? Our life here?

Swaruu: That depends on each person. The ascension is very personal, something I do not tire of repeating. It is not a joint timeline, there is no such thing, only what two or more people see because they have the same point of view.

Robert: Swaruu, do you think we can reverse old age with these bodies...?

Swaruu: It's part of the regeneration, yes.

Gosia: And Swaruu... me and Robert are we already beyond 3d somehow or not yet? Can you know this? How can you tell from our perspective? Just to know when body regeneration can begin.

Swaruu: You may have a higher mentality, but mostly you are locked in 3D. Having a mentality does not make you morally superior. That applies to us, too. To all. There is no matter as such, what you see and what you perceive is the result of your personal interpretation and your perception, and that depends on your frequency and your frequency depends on what you want to see and what you know internally, your consciousness.

Gosia: Hmm... I understand. I ask because you said that leaving 3d is something mental and is the individual stage for everyone. Which is done mentally mainly. So we're still locked in, me and Robert? Mentally such as physically?

Swaruu: I do not understand you Gosia.

Gosia: You said it's something mental... getting out of 3d. And that we are still locked in 3D. So mentally we have not yet made the step beyond 3d?

Swaruu: Yes, Gosia. You still pay attention to 3D things. So you still need them and they serve you, there's nothing wrong with that... you will only transcend when nothing fulfills you from there... when your mind and consciousness is only cosmic... no physical interests there, nor interpretations or perception there.

Gosia: Can you not pay attention to things if they are projected from the Matrix on the Moon and are seen as reality?

Swaruu: Yes you can. How much attention have you given to the Disney coloring books? Not much... It's not your reality. If you see something in the 3d itÂ´s that you are still interested. That does not mean that you do not know that there are coloring books. ItÂ´s just that you do not need them. So with all the mundane experiences of 3d. If they fulfill you, if they make you happy then you still need that.

Gosia: But you also have physical things there.

Swaruu: Yes, there are experiences that are or transcend densities and are the same, as those that involve nature and being in it.

Gosia: Yes exactly. What would these 3d things be to which we should not pay more attention to free our minds from 3d? Obviously money etc is the most obvious. What would be the least obvious?

Swaruu: It's all that being on Earth implies. Your needs, your tastes. Your experiences, what you like and what you like to experience. When you understand more things, when you expand your consciousness to the level where nothing fulfills you, then you will know that it is time to leave the earth. Death looks as something bad but it is a happy moment for the person, seeing it separately from dramas or suffering.

Gosia: It's that in 5D there are also a lot of things of here too... so I do not think it's the question of eliminating everything we like here?

Swaruu: You can only eliminate everything altogether because everything intersects and is related, anyway what applies to other densities will always follow you, yes.

Gosia: My things here make me happy, like nature, music, art, travel, food, but it is not something intrinsic to 3D that should be abandoned, I do not think so?

Swaruu: It goes intertwined like a complex fabric or an embroidery, 3D things with multi-density things. You have to eliminate everything as in not wanting anything that is the result of a need of the physical world. That is done in time, like the old man who loves to swim in the sea and run through the woods but is 95 years old and is in a wheelchair. He has to leave everything behind and not cling to anything.Â´
It is that clinging that makes you reincarnate constantly. And those things that you love will follow you wherever you go because that is what defines you as a person. Or part of what defines you. You will not lose that. Because what is part of you, you can not lose it, because you include it and you include it because it is part of what defines "love" or inclusion of something external as part of itself.

Gosia: Very deep thank you. I like it.

Swaruu: You can not hold on to anything.

Gosia: But I'm still confused with this question: There are things that make me happy here, like nature, music, art, travel, food. It is not something intrinsic to 3D that should be abandoned to move to 5D, I do not think so right? Since 5D also has these elements? Not clinging to the physical would be to pass beyond 5D already.

Swaruu: Of course these things are part of the 5d but up higher, not anymore.

Gosia: Exactly. But just talking about the ascension from 3d to 5D... it is not necessary to eliminate the preferences of these things. Right?

Swaruu: We never eliminate preferences because they define you. At the same time you do not cling to them because they anchor you to 3D.

Gosia: And at 5D, right?

Swaruu: Yes too.

Gosia: Ok, I understand. LetÂ´s move on. The animals, will they ascend? How will they do it if they do not have this focus on centering or not on the physical?

Swaruu: Each one of them is different, because they are people. It is a lie that they are below human beings, for example the cat is more advanced in spiritual matters because it knows well what it really wants and does not get into existential problems. Dolphins and cetaceans too. But it depends on each animal.

Gosia: Yes, but we have said that ascension will depend on mental focus. How will the animals do it? To move to 5D?

Swaruu: They know what they do, not all mental focus happens in a way that human being would think. They know how, like a cat, a squirrel or a scorpion. They are not fools, they all know what they do. Do not judge them with human parameters.

Gosia: What will happen to the dogs ascending to 5D, since there are no dogs there? Would you accept them?

Swaruu: The dog is intrinsic to 3d. In the 5D there are only wild canines with one or another exception. It is possible that this will change the dogs completely.

Gosia: So they will ascend but possibly will get wilder? My Crockett will never want to be wild.

Swaruu: Yes, they will become more like wolves. Because the dog mentality is submission to a master. That is manipulation like that of humans towards their masters. They will realize who they are and take the reins of their lives... the Wolf that they have inside will come out.

Gosia: The little dog that I have seems to have a goblin inside.

Swaruu: I do not doubt it.

Gosia: Yes, I don't think this dog will ever want to be a wolf.

Swaruu: Many humans do not want to wake up either, they are well that way, with their masters.

Gosia: What about the moon? Will it lose its hologram?

Swaruu: Yes, it will be inevitable.

Gosia: Then we will see its true appearance?

Swaruu: Yes. And it looks almost exactly like the Death Star from Star Wars. But without the depression that it has, all smooth and technological: You will see it the same size, but smooth, or with parallel lines, especially a large one in its equator that is the entrance to the main hangars. It is a large spherical ship. That is all. Old and damaged. There are several like that right now in the solar system.

Gosia: And in what way will the ascension of Gaia affect Planet Earth?

Swaruu: Like any person... It will leave things and customs behind. But remember that it depends on each time line, in this case that of the earth as a person. On the ascent is the most important point. It is individual. And yes it goes against what many say. But that is already something I am known for. I believe that the idea that the ascension will happen collectively is damaging if it is interpreted this way all the time. As such, all will ascend, but it is an individual job.

Now having said that it is an individual job, I do not want to say that it is something that has to be worked hard. It is not about working and suffering to deserve, nothing further from the truth. People believe that it is about putting themselves to meditate militantly ... stop eating meat, dress vegan, only see the positive side of things ignoring all negativity.

Always with the fear of not doing enough, of doing something wrong that would take them out of the ascending elite. For me this is one of the biggest problems of the New Age and what so many share on the Internet and in Books. That's what I mean by swimming against the current... having to "paddle" to get somewhere... in fact it seems that they row with the same speed as the river current so they do not advance and stay in the same place. But exhausted.

The ascension is something that will come anyway... to know this and knowing the key is what matters here ... enjoy the ride. The key is not having attachments to the material, just being happy. The current of the river is taking you where you want to go anyway. If you have attachments do not resist them, rather enjoy them, because you will transcend them because you no longer need them. For that you are there, to have those experiences.

In itself everything is worth, it is only "sin" if they impose it on you with a religious doctrine. Having said that, everything is worthwhile... But not everything is convenient for you.
Do not resist the things you do not want because you will only attract more under the old principle of what you resist persists. Only work on yourself in the way that you can and see necessary. Remembering that what you are will attract more of the same. As in the expression: "Your vibe attracts your tribe". Remember that as a soul you will always be in the place and company according to your frequency.

Gosia: We have to have our frequency quite high then Robert and me. For attracting and being in your company. Or you quite low haha.

Swaruu: That's right. But remember that frequency is not something continuous and stable. But it varies from moment to moment. So you can be talking to us and in half an hour find yourself in trouble buying weapons from the back of a van in the alley next to you. Negative entities will always try to keep you low, to be compatible with their manipulations. Always be on guard, Gosia.

Gosia: Ok, I'll be alert. Thank you! Another question I have is: how will our ascension from 3d to 5d affect you?

Swaruu: It only enriches us because we will have more friends. But really, you are already part of our reality here...
WE are the ones that are NOT part of the reality of the collective in 3D. Number 5 contains the 3. But the 3 not the 5.

Robert: What details do we have to know about this new reality that is the 5d?

Swaruu: The biggest difference is that time is malleable here, and totally personal. It seems like little but the implications of that are monumental. The most obvious implication or consequence is that we do not get old. But YES our mind expands. And we generally can be as we want physically.
The understanding of everything also expands... like the concept of the beginning of the Universe with a Big Bang... we do not recognize it. The Universe has always been. ItÂ´s just that the human mind can not hold the concept of infinity. The Taygetean mind can.

The Universe never had a beginning... it will never have an end. It is said that the Universe is expanding. And the Astrophysicists of the Earth take as evidence of this that the spectrum of light they receive from certain parts of the Universe, galaxies and distant stars, is towards the red...
This tells them that they are moving away as the wavelength is longer. Therefore the displayed object is moving away. But this is a serious ERROR.
What happens is that with the distance, the light loses energy because the space is not a vacuum, it is a fluid therefore there is refraction and resistance to the advancement, to the movement. The light looks red because it loses energy. It is a tired Light. The Universe does not expand.

Gosia: I love this information, thank you.

Swaruu: You're welcome. There are great differences between terrestrial astrophysics and Taygeta. They are incompatible. Same as Mathematics. Just look at numerology. What happens if 10 and 11 are single-digit numbers? What a mess! However... the 11 is still 5 + 6.
For us 12 is the first number with 2 digits. But for me the number 100 is not worth anything special... it is only 100. For me the first full number is 12X12 - 144.
But for you the 144 is a number without sense and fraction of one hundred plus 4 tens and four units. For me it is an whole number which is my base number which is 12 square. The next one for me is 1728. Number without sense for humans. We do not understand each other.

Gosia: Yes. I'm already in a mental mess just listening to this. And the number 0 means anything special for you?

Swaruu: The zero is still zero or the absence of a number. Or just the filling. But you get to use the zero next to the Taygeta symbol for 12 to denominate a 12 or to denominate that you have 12 twelves or 144 that is a 12 plus two zeros. 12 plus two zeros for you is 1200 for me is 144.

Gosia: Ok. Thanks Swaruu. What will happen to the Science in Ascension?

Swaruu: They will have to accept that it does not work and that you have to adopt a new model.

Gosia: Understood. I have this question: Since the ascension is the individual process... I would like to know what will happen to the Muslim, African nations etc, the ones who do not raise the frequency and the mind enough? Will they stay in their own timeline? We separate from them, yes?

Swaruu: Once again it will depend on everyone there... But as a collective yes, they will stay on a different timeline. Different frequency.

Gosia: Ok. And a question maybe a little silly... can we go visit your planets? Will intergalactic trips begin?

Swaruu: Yes, there will be no reason why that should not happen, but following the protocols of each place.

Gosia: Great. Is it true that in ascension 5d love, compassion, peace and spiritual wisdom prevail?

Swaruu: It will come closer to that. Love is nothing else but to be part of oneself (or) something or someone. The inclusion. Spiritual wisdom goes hand in hand. But the 5D is not the perfect place full of ascended masters in their clouds as many came to believe. It is just one more step towards total integration.

Gosia: Thanks. And what about the souls trapped in the containers in the underground bases? Will they be released?

Swaruu: They will have to be liberated or they will stay there like the Muslims, in their timeline.

Gosia: And the reptiles where will they go? To their Alpha Draconian origins and others in other timelines?

Swaruu: The Alpha Draconians are positive, at least the majority and those who are here. As for the Kingu reptiles, they will have to adopt a more appropriate political and nutritional model.

Gosia: We will be able to see the Kingu... Will they ascend with us?

Swaruu: Many will. And see the kingu... they are in the 3D with you... they just hide.

Gosia: Could we be their friends? Or do we have to be afraid of them?

Swaruu: In theory you can be their friends. Like many people have pet pigs. I do not think it's easy to trust. They will have to make merits for a long time... like the Alpha Draco.

Gosia: What will happen to the Twins and the Clones?

Swaruu: The twins will have an even stronger connection, but if they already have a lot of time apart living there they will always remain as individuals. The clones, that's more complicated because it depends on each one and its characteristics. In general, they will continue to work. They are here in the same way that they are there.

Gosia: How do Reptiles refer to themselves?

Swaruu: Kingu or Sauroid races. The name is theirs.

Gosia: And Naga? Who are they?

Swaruu: Also, just that it's another race.

Gosia: What is the difference between a reptile and a Sauroid?

Swaruu: A reptile in general is associated with having cold blood... Sauroid with the warm blood. You find them both in isolated races.

Gosia: I have a question that someone left in the comments. How the notion of the muses, angels, Daquinisi, and other multidimensional entities that communicate wisdom will influence the ascension?

Swaruu: You will have to assimilate and understand the true meaning of each of those things or concepts. We arrive here at the territory of the entities in general. It will depend on the influence of each being and its own frequency and on its desire to ascend or to avoid the ascension.
I mean it will depend on the entity and the human person. Impossible to generalize here. Some entities do not want humanity to ascend because they will realize that those entities are there and that they are a problem in draining humans of energy, therefore humans will make systems and repellents (insecticides) against those entities to get rid of them. They are there already, you just do not know it because you can not see them. That is why we know that we are in 5d because there are no such entities here, but we understand and see those in 4th Density.

Gosia: But speaking of the positive, higher entities... you said that you have to assimilate the true meaning of each of these things. Could you elaborate please?

Swaruu: The multidimensional beings that you mentioned above are part of other things like the Angels that we are among other races like the Engan and the Solatians, Andromedans, Dieslientiplex among so many others. Although the term "Angels" only refers to Taygeta. We would have to define each one first.
Angels, especially Biblical angels, is easy, it is a military rank of Taygeta, therefore itÂ´s are us. But... Fairies, for example? What exactly is a fairy? There are hundreds of species that fall into that category, and there are negative and positive ones.

Gosia: I think the question is more about whether the paradigm of the interaction with them will change in general? The dynamics of the relationship with the more advanced beings... will it be accelerated? Will it be something more tangible? Or Astral?

Swaruu: It's the same as the new relationship with the so-called "extraterrestrials". There is a lot to process for humanity. And to learn how they should relate to those beings. Some are intelligent others have culture and civilization... but others of 4th density are... or fall into the category of insects "bugs" or pests. The vast majority of 4th Density beings are only animals. Some are like etheric leeches.

Gosia: I think I mean beings beyond 5D.

Swaruu: That's another dynamic.

Gosia: How will it change?

Swaruu: There they have even less conflict than in the 5d. Humans will be able to get closer to them so their communication with their "higher selves" will be clearer, and therefore the process of ascension of all will be accelerated.

In part, this is why Taygeta is being extinguished, why less are born than those who die. They have transcended 5th Density and they no longer reincarnate here. As such, I do not see it as something "bad" of Taygeta, or an error.
On the contrary, it means that there is so much peace that one can work spiritually in such a way and with such efficiency that they transcend the need to belong to the "material" world. Taygeta has so many advanced beings that they do not reincarnate because they have already learned everything that a material body can give them. That's why Taygeta is High 5D.

Gosia: You said something interesting above. The communication with our Higher Selves will be clearer so the process of ascension will be accelerated for all. Does it mean that our higher selves may need us? For their own ascension?

Swaruu: No and yes. They do not need you to unite with them because you are already part of them. It is you from below who seeks to reunite WITH your Higher Self, not the other way around. They are separate but at the same time they are also the same.

Gosia: However, joining them accelerates THEIR ascension... and that's what they want? Since everything always aspires towards expansion.

Swaruu: I would not say that. They do not need us for their ascension. We are already an inescapable part of them. It's like the concept of a "guardian angel". Why would a guardian angel be interested in taking care of you? Because it is you yourself (or) on another plane. That's why.

Gosia: Okay. I get it. Thank you. And Swaruu, how are our star families going to receive us in 5d as we ascend?

Swaruu: The people who incarnate on Earth are seen as heroes. Only imagine the reception. I can not describe it better.

Gosia: Wow Thanks Swaruu... The truth is that this is the high level of a video game.

Swaruu: It is. Precisely.

Gosia: So, then the humans will be received as heroes? The ascended humans?

Swaruu: Yes because that's what you are. From the other side or on the other side you are not "humans", you are souls.

Gosia: And will we recover our memories of past lives?

Swaruu: Yes of course, it will be recovered, but from the other side of the etheric. Here with us for example, there is also a veil of forgetfulness, but it is not so strong because we typically we remember about 3 past lives and not any like on Earth. It has to be forgotten in order to enjoy the new experience, so that the present experience is more intense and more important.

Gosia: Will the holographic society be applied immediately or little by little?

Swaruu: Little by little, it can not be imposed at once. The very humans must see what is better for them. It's their job, not ours.

Gosia: And are you going to come down with an intergalactic diplomacy... your representatives etc?

Swaruu: Yes.

Gosia: Will inter-racial diplomats need work?

Swaruu: Yes.

Gosia: What will happen to the Ego? Does it transcend or is it necessary still?

Swaruu: The Ego is the personal identification, or the idea that one has of oneself. In 5D there is still ego... but thatÂ´s not the adecuate word. The ego as negative connotation passes to represent the "I". Above 5D ceases to exist, but in itself it begins to fade from the high 3rd Density upward. All in favor of integration and the realization that all others and all things are part of one.

Gosia: I have one more question if you can quickly please?

Swaruu: Yes.

Gosia: Thank you: Do you have some personal projects that you would like to implement after the Ascension?

Swaruu: Return to form my home, in peace.